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Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) An insert-nut for use with a carrier of a car, the insert-nut having comprising a polygonal shape defined by a plurality of sidewalls and at least one circumferentially extending groove that is provided along a longitudinal dimension of the insert-nut, the plurality of sidewalls of the insert-nut being configured to provide a plurality of gaps between the sidewalls of the insert-nut and a surface of an installation hole of the carrier, the plurality of gaps extending circumferentially about a periphery of the insert-nut and along an entire length of the insert-nut, whereby plastic is injectable into the plurality of gaps and into the at least one groove to secure the insert-nut to the carrier.
2. (Previously Presented) The insert-nut according to claim 1, wherein the polygonal shape comprises a hexagon.
3. (Previously Presented) The insert-nut according to claim 1, wherein the polygonal shape comprises a pentagon.

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4. (Previously Presented) The insert-nut according to claim 1, wherein the longitudinal dimension of the insert-nut corresponds to a thickness of the carrier.
5. (Previously Presented) The insert-nut according to claim 1, wherein a shape of the at least one groove is circular.
6. (Previously Presented) The insert-nut according to claim 1, wherein a shape of the at least one groove is polygonal.
7. (Previously Presented) The insert-nut according to claim 1, wherein the at least one groove comprises a plurality of grooves spaced along the longitudinal dimension of the insert-nut.
8. (Currently Amended) A method for securing an insert-nut within an insert hole, said method comprising:  
  
mounting the insert-nut into the insert hole, wherein the insert-nut comprises a polygonal shape defined by a plurality of sidewalls of the insert-nut with at least one circumferentially extending groove provided along a longitudinal dimension of the insert-nut, a plurality of gaps being provided between the sidewalls of the insert-nut and a surface of the insert hole, the plurality of gaps extending circumferentially about a periphery of the insert-nut and along an entire length of the insert-nut; and

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injecting plastic into the plurality of gaps and into the at least one groove of the insert-nut.

9. (Previously Presented) The method according to claim 8, wherein the polygonal shape comprises a pentagon.

10. (Previously Presented) The method according to claim 8, wherein the polygonal shape comprises a hexagon.

11. (Previously Presented) The method according to claim 8, further comprising forming a longitudinal dimension of the insert-nut to correspond to a thickness of a carrier within which the insert-hole is defined.

12. (Previously Presented) The method according to claim 8, wherein a shape of the at least one groove is circular.

13. (Previously Presented) The method according to claim 8, wherein a shape of the at least one groove is polygonal.

14. (Previously Presented) The method according to claim 8, wherein the at least one groove comprises a plurality of grooves spaced along the longitudinal dimension of the insert-nut.

15. (New) The insert-nut according to claim 1, wherein each gap of the plurality of gaps is of uniform size and provides an inlet port for plastic injection.
16. (New) The insert-nut according to claim 1, wherein the polygonal shape is sized to be substantially inscribed in the installation hole of the carrier.
17. (New) The insert-nut according to claim 1, wherein each gap of the plurality of gaps is defined by adjacent vertices of the polygonal shape and a segment of the installation hole between the adjacent vertices.
18. (New) The method according to claim 8, wherein each gap of the plurality of gaps is of uniform size and provides an inlet port for plastic injection.
19. (New) The method according to claim 8, wherein the polygonal shape is sized to be substantially inscribed in the installation hole of the carrier.
20. (New) The method according to claim 8, wherein each gap of the plurality of gaps is defined by adjacent vertices of the polygonal shape and a segment of the installation hole between the adjacent vertices.